



Sanderford Road Center Programs

September-December 2013

SOCIAL

Wii Game Night

Age: 5-16. Come join us the 1st Friday of each month for Wii Game Night! Bring yourself and bring a couple of friends. Put your game face on and have fun! Class Fee: \$0

September 6	Friday	6:00-8:00pm
October 4	Friday	6:00-8:00pm
November 1	Friday	6:00-8:00pm
December 6	Friday	6:00-8:00pm

Game It Up

Age: All ages. Socialize with friends while playing popular games like Uno, Connect Four, Sorry, Twister. Like a challenge? Try Pictionary, Taboo, or Cranium for the older gamers. Class Fee: \$0

September 13	Friday	6:00-8:00pm
October 11	Friday	6:00-8:00pm
November 8	Friday	6:00-8:00pm
December 13	Friday	6:00-8:00pm

Cool Artsy Crafts

Age: 5-14. Are you creative? Do you enjoy making one of a kind creations? Channel that ability into this cool arts and crafts experience. A different activity is introduced in each class. See you at Sanderford! Class Fee: \$0

September 20	Friday	6:00-8:00pm
October 18	Friday	6:00-8:00pm
November 15	Friday	6:00-8:00pm
December 20	Friday	6:00-8:00pm

Teen Time

Age: 13-17. Teens, it's that time at Sanderford Road Center! This program encourages teen socialization, volunteerism, and recreation. Participants will have the opportunity to discuss issues that impact teens as well as explore interests of their own. It's your time. Class Fee: \$0

September 27	Friday	6:00-8:00pm
October 25	Friday	6:00-8:00pm
November 22	Friday	6:00-8:00pm
December 27	Friday	6:00-8:00pm

Family Night at the Movies

Age: All ages. Join us at Sanderford Road Center for a family movie! Pre-registration is required. Class Fee: \$0

November 29	Friday	6:00-8:00pm
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ADULT PROGRAMS

Sistershare

Age: 18 and up. This is a sharing and caring support group that meets every 2nd and 4th Thursday night. Some nights we may have invited speakers to speak on specific topics and other times we gather and talk about concerns or issues that the ladies might have. **Class Fee: \$0**

September-December

Thursday

6:30-7:30pm

ENGLISH AS A SECOND LANGUAGE

English as a Second Language (ESL) - Clases de Ingles

Age: 18 and up. These classes are offered for beginner levels. Classes are designed for people that utilize a primary language other than English and are interested in learning important skills to communicate in English.

Estas clases se ofrecen a nivel de principiantes. Las clases están diseñadas para gente que no habla inglés como su primer idioma y que están interesadas en aprender términos básicos para comunicarse en el idioma inglés.

Class Fee: \$0

September 9-October 14

Monday

6:30-8:00pm

October 28-December 9

Monday

6:30-8:00pm

FITNESS

Zumba Fitness

Age: 16 and up. Latin inspired, easy to follow, calorie burning, dance fitness-party. Feel the music and let loose!

Classes taught by Licensed Zumba Instructor, Sarita Smith. Join the party at Sanderford Road Center!

Class Fee: \$5 per class Resident, \$17 per class Non-Resident

September 3-December 17

Tuesday

6:30-7:30pm

YOUTH PROGRAMS

Community Afterschool Program

Age: 5-12. The Community Afterschool Program is being offered at several local Community Centers for children K-6th grade following the Wake County Traditional school calendar. This program is designed to offer recreation activities, homework assistance, and arts & crafts. Cost: \$0

August 26-June 6

Monday-Friday

3:30-6:30pm

Girl Connection

Age: 9-15. Join us the 1st Wednesday of each month for Girls Connection! This program encourages girls to come together with their peers to enhance and encourage positive values, socialization, and community.

Girls, this is your time to CONNECT! Class Fee: \$0

September 4

Wednesday

6:00-8:00pm

October 2

Wednesday

6:00-8:00pm

November 6

Wednesday

6:00-8:00pm

December 4

Wednesday

6:00-8:00pm





Fun Fitness Kids

Age: 5-12. Sanderford Road Center knows how to make exercising fun! Kids can use their enthusiasm while embarking on new adventures in exercise. Kids will play engage in individual and group fitness activities. . Let's get fit!
Class Fee: \$0

September 3-December 10

Tuesdays

5:30-6:15pm

Science Fun Hour

Age: 5-12. Youth will participate in a program which will encourage them to learn more about science through hands on activities that are educational and fun! Instruction by Mona Chevis with Score One Up.

Pre-Registration Required. Class Fee: \$0

September 27

Friday

4:30-5:30pm

October 25

Friday

4:30-5:30pm

November 22

Friday

4:30-5:30pm

December 20

Friday

4:30-5:30pm

PRESCHOOL

Ballet & Creative Dance

Age: 2-5. Come explore the wonderful world of ballet and creative dance! This class combines ballet and creative dance to give preschoolers an introduction to a variety of genres of dance. Basic techniques and combinations will be taught. Expect a time for self-expression and fun! Classes taught by Mrs. Lala with a B.A. degree in Dance from UNC-Greensboro. Preschooler must be at least 2 1/2 years old to participate. Class Fee: \$32 Resident, \$44 Non-Resident

September 9-30

Monday

5:00-6:00pm

October 7-28

Monday

5:00-6:00pm

November 4-25

Monday

5:00-6:00pm

December 2-16

Monday

5:00-6:00pm

Hippity N' Roll

Age: 2.5-5. This class uniquely combines hip hop dance with tumbling in a fun and energetic atmosphere. This high-energy class encourages creative and rhythmic dance. Are you ready yet? See you at Sanderford! Classes taught by Mrs. Lala with a B. A. degree in Dance from UNC-Greensboro. Class Fee: \$32 Resident, \$44 Non-Resident, and December Class Fee: Resident \$24, Non-Resident \$36

September 9-30

Monday

6:00-7:00pm

October 7-28

Monday

6:00-7:00pm

November 4-25

Monday

6:00-7:00pm

December 2-16

Monday

6:00-7:00pm





ART & SPECIAL PROGRAMS

Back to School Crafts

Age: 5 and up. Want to stand out amongst your peers? Tired of that school supply décor from last year? Join us at Sanderford Road Center where you can personalize your backpack and lunch bag, or even a pencil box and folder. . . Whatever your heart desires! Basic decorative materials and school supplies will be provided. Bring your own backpack or lunch bag. Class Fee: \$0

September 19

Thursday

5:00-6:00pm

Sanderford or Treat

Age: 5 and up. Join us at Sanderford for crafts, games, and treats! Class Fee: \$0

October 31

Thursday

5:00-6:00pm

Holiday Tye-Dye

Age: 5 and up. Going to a Holiday Party? Have nothing to wear? Join us at Sanderford Road Center where you can make your own holiday statement using tye-dye. Your creation will truly be one of a kind! Decorative materials provided. Bring your own clothing to tye-dye. Class Fee: \$3 Resident, Non-Resident \$15

December 5

Thursday

5:00-6:00pm

SENIOR PROGRAMS

Open Computer Lab for Seniors

Age: 55 and better. Join us every Wednesday for an open computer lab at Sanderford Road Center. Need help getting on the internet or setting up a new email address? Our staff can assist you with any questions you have. Class Fee: \$0

September 4-December 18

Wednesday

2:00-3:00pm

SPECIAL EVENTS

Sanderford Road Center Field Day

Age: All ages. Get out and enjoy participating in field games and activities that were before the 'computer era'. Games may include, but not be limited to kickball, horseshoes, sack races, 3-legged races, obstacle courses, and more. Guaranteed to be a lot of fun! This is an event for the entire family! Cost: \$0

September 27

Friday

5:00-6:30pm

Holiday Social

Age: All ages. Celebrate the holidays with your friends and your community! Cost: \$0

December 13

Friday

5:00-6:30pm

